

# WHAT'S HAPPENING AT THE SENIOR CENTER

## SAVE THE DATES

### WEEKLY EVENTS:

#### **MONDAYS:**

Medical Appointments: 9:00 AM – 1:00 PM

Bowling: 12:00 PM at Union Street Lanes

Chess: 1:00 PM at the Senior Center

#### **TUESDAYS:**

Medical Appointments: 9:00 AM – 1:00 PM

Bingo: 1:30 PM at the Senior Center

#### **WEDNESDAYS:**

Stop and Shop: 9:15 AM Holbrook Court

Van – Bank – Post Office

Knitting: 9:30 AM at the Senior Center

#### **THURSDAYS:**

Mall-Walmart: 8:15 AM

Tea at the Senior Center: 1:00 PM

Tai Chi: 1:00 PM Holbrook Court

#### **FRIDAYS:**

Medical Appointments: 9:00 AM – 1:00 PM

#### **BLOOD PRESSURE CLINIC:**

Every Wednesday from 1:00 PM – 2:00 PM  
at the Senior Center.

#### **STRETCHING WITH MISS EMMY:**

Will resume in September.

#### **COA BOARD MEETING:**

There will be no meetings over the summer!  
We will resume in September.

#### **TRIAD:**

There will be no meetings over the summer!  
We will resume in September.

